METRO READERS SAY:

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# Vancouver metro

Your essential daily news | MONDAY, AUGUST 10, 2015 | High 23°C/Low 15°C Sunny

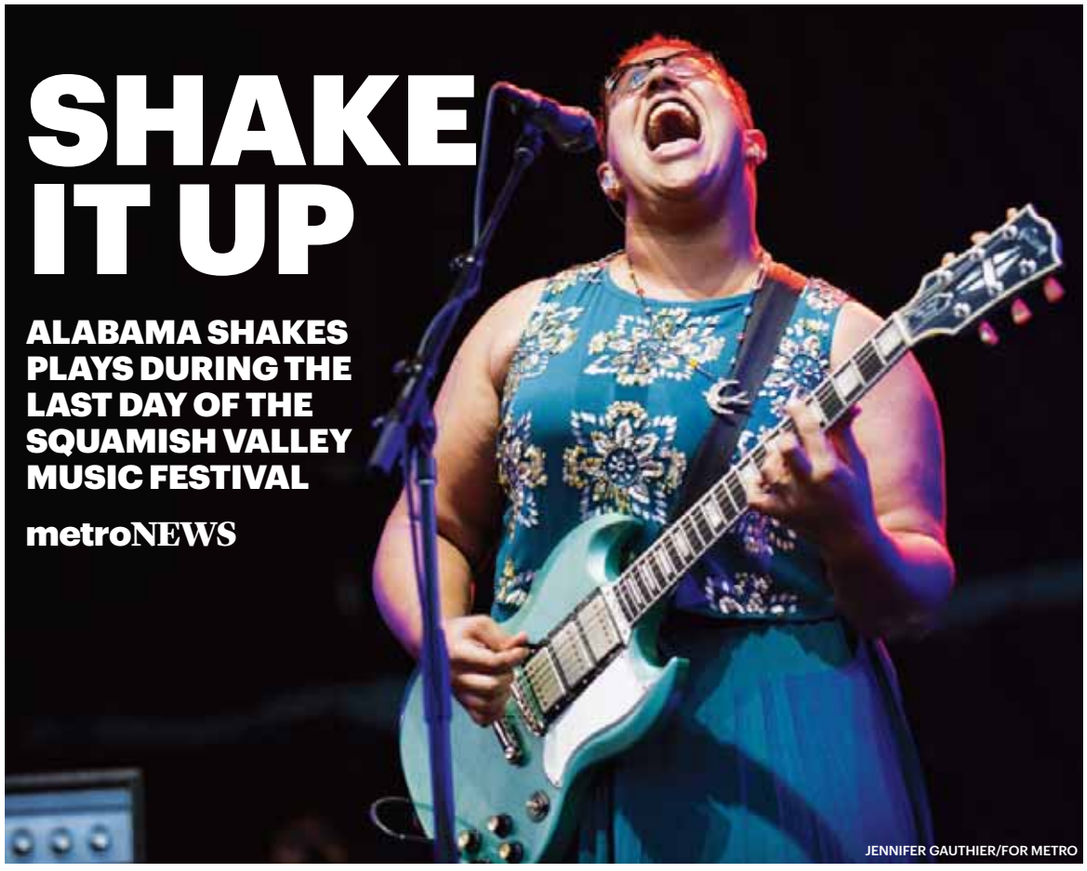

**HEY, UBER: DON'T DRAG ME INTO THIS**

metroVIEWS

# SHAKE IT UP

**ALABAMA SHAKES PLAYS DURING THE LAST DAY OF THE SQUAMISH VALLEY MUSIC FESTIVAL**

metroNEWS



JENNIFER GAUTHIER/FOR METRO

# Kinder Morgan pulls ads until end of election

PIPELINE

## NDP candidate complained his campaign was made tougher

Kinder Morgan will pull advertising for its proposed Trans Mountain pipeline expansion during the federal election campaign, after a British Columbia New Democrat seeking re-election complained about a flurry of ads in local newspapers.

Kennedy Stewart sent a letter to Canada's elections commissioner earlier this week, saying if the company wants to promote a position on an election issue, it must register with Elections Canada as a third-party advertiser subject to spending limits.

"I have a very tough fight against my opponent in my riding," said Stewart, who is running in Burnaby South. "The last thing I need is multinational companies also advertising during the election. Let's just have a fair playing field."

A spokeswoman for the Trans Mountain expansion said it has decided not to run advertising until after the Oct. 19 vote.

"The information doesn't advocate for any particular party, policy or position," Lizette Parsons Bell said Saturday. "However, with the call of the election last weekend, we are rescheduling and the current series of advertising will end this weekend, due to the sensitivities around all forms of advertising."

THE CANADIAN PRESS

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metro NEWS
Your essential daily news

Chicken gets a leg up on prosthetics. **World**

# Mulcair promises funds for transit, housing, daycare

FEDERAL ELECTION

## About 1,000 people turn out for NDP leader's stop

**Neal Hall**
For Metro | Vancouver

NDP Leader Tom Mulcair pledged Sunday in Vancouver to spend more federal money on transit, affordable housing and daycare spaces if elected prime minister.

During a rally at the Westin Bayshore, Mulcair said if the New Democrats form government they would transfer an additional $1.3 billion a year from the federal gas tax "to meet the transit needs of growing cities like Vancouver."

In addition to investing in infrastructure to boost Canada's economy, Mulcair said he would work to strengthen the middle class by offering tax cuts to small businesses, fund a national daycare program and ensure more money is provided for affordable housing.

Affordable housing is a right, not a privilege, Mulcair told about 1,000 supporters, adding that Vancouver's rising housing prices are driving people out of the city.

He would make sure there would be more funding for social housing and rental housing, he said.

"The fact is, the province and the city can't do it alone — they need a partner in Ottawa," he told the crowd, which reacted with enthusiastic cheers and applause.

Similarly, he said, a national daycare program, with spaces costing a maximum of $15 a day, would benefit families and would be good for the economy.

"Are you ready to replace the politics of fear with hope and optimism?" Mulcair asked supporters, who held signs that read "Ready for change."

The Opposition leader hammered Prime Minister Stephen Harper's record, noting he got Harper to admit during the recent leaders' debate that his economic plan has failed, resulting in the loss of 400,000 manufacturing jobs and adding $150 billion to the national deficit.

"You know that British Columbians cannot afford another four years of Stephen Harper," Mulcair said.

Mulcair also itemized the illegal spending and election fraud charges laid against Conservatives in recent years, including the 31 charges against Senator Mike Duffy, whose trial resumes this week with the testimony of Harper's former chief of staff.

**NDP Leader Thomas Mulcair speaks at a rally in Vancouver, Sunday. He told the crowd he would transfer $1.3 billion a year from the federal gas tax to help fund transit.** NEAL HALL/FOR METRO

CRIME

## Man, 47, killed in stabbing

**Emily Jackson**
Metro | Vancouver

One man is dead after a stabbing in the Downtown Eastside on Saturday night.

The 47-year-old man died in hospital from serious wounds after he was stabbed in front of Insite on East Hastings Street around 6 p.m., according to a statement from Vancouver police spokesman Sgt. Randy Fincham.

Police are seeking witnesses and believe the stabbing was targeted. No arrests have been made and the victim's name is not being released at this time.

The man's death comes after a violent weekend in the Lower Mainland. On Friday, two separate stabbings sent four men to hospital.

Police responded to a brawl at a party at Fraserview Hall in South Vancouver around 11 p.m. Ten minutes later, a man who was believed to be involved in the fight was found with stab wounds a few blocks away.

The victim, who has non-life-threatening injuries, is not cooperating and no arrests have been made.

In Burnaby, police were busy with a different brawl outside a party on Kingsway Avenue near Macpherson Avenue around 10:45 p.m. Three men were sent to hospital with non-life-threatening injuries. Suspects have been arrested but not charged. Police are searching for witnesses.

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Nick Claxton poses for a photo while setting a reef net in this undated handout photo. Claxton wants to bring a First Nations fishing style "back to life." SAANICH FIRST NATION/THE CANADIAN PRESS

# First Nations fisherman launches reef-net revival

TRADITION

## Fishing technique was previously banned in B.C.

**5,000**

**One reef net could haul up to 5,000 salmon per day.**

Almost a century after fishing practices unique to First Nations in British Columbia's Salish Sea were outlawed, members paddled canoes back to traditional waters and dropped their full-sized reef net.

It was the start of a long-term mission to revitalize the once-celebrated technique for gathering food and bonding community for the Strait Salish people.

The web-like net — about the length of a city bus — was suspended between two canoes in an endeavour by a University of Victoria doctoral student who envisions bringing his nation's fishing style "back to life."

"In traditional times, it was really the backbone of our society," said Nick Claxton, who successfully defended his thesis on the practice in late July before an academic panel and 100 of his community members.

"And that's how I want it to be in the future. Where we can all be reef-net fishermen."

Claxton, 42, initially set out to document the history of reef-net fishing and investigate ways to restore the practice. His research found that Strait Salish people relied on the method until 1916, when the colonial government called it a "fish trap" and brought in a ban.

"What is ironic is right around that time they allowed J. H. Todd and Sons to fish with their fish trap. It was at the time when the industrial-commercial fisheries started to develop," he said. "What I think they wanted was just access to our fishing locations."

Aboriginals were discriminated against despite being signatories to the 1852 Douglas Treaty, which formally guaranteed their fisheries, Claxton said.

Claxton realized the opportunity for reviving the fishery style as he dove into his thesis.

"It became more a project of 'Let's go out and do it.' So that's how that happened. We built a full-sized, modern reef net and we actually went fishing with it last summer."

There was only one hitch in the trial last August — the fish didn't co-operate. The sockeye run was massive, but most returning salmon migrated along a different route than expected, likely due to warmer waters, Claxton said.

Claxton's hoping for another attempt this year, but it could be stymied again by low salmon returns. THE CANADIAN PRESS

## IN BRIEF

**B.C. and First Nation sign timber licence deal**

The B.C. government has announced a 25-year timber licence agreement with a First Nation on Vancouver Island.

It allows the Wei Wai Kum to harvest almost 9,900 cubic metres of timber a year from its traditional territory around Campbell River.

The deal covers a 2,400-hectare parcel of Crown land near Heydon Bay on the province's south central mainland coast and another 1,200 hectares by Pye Lake, north of the band's community. THE CANADIAN PRESS

**Multi-car collision closes Pattullo Bridge**

One person is in custody after a serious accident damaged 30 vehicles and temporarily shut down the Pattullo Bridge.

A northbound car crossing the bridge straddled the centre line and began driving over pylon dividers just before 6:30 p.m. on Thursday.

A witness driving past the vehicle in the opposite direction said he saw the driver hit a pole, which smashed her windshield before striking other vehicles.

Impaired driving is suspected. THE CANADIAN PRESS

WEATHER

# Lightning to raise risk of wildfires

British Columbia's firefighters aren't likely to catch a break anytime soon.

Although cooler, wetter weather in recent days brought down the fire danger rating, it's sparking back up again with lightning in the forecast.

"What we're starting to see now is kind of a return to the warm and dry conditions in the south," said B.C. Wildfire Service fire information officer Ryan Turcot.

"The coast is expected to see some rain. We are expecting to see lightning activity start to increase over the next few days pretty much province-wide."

The fire danger rating for most of B.C. was low on Saturday, but in the south it ranged from moderate to high. Some pockets including southeast Vancouver Island had an extreme rating, meaning fires could start easily and spread rapidly.

There are 123 fires currently burning in the province, of which 87 were sparked by lightning. THE CANADIAN PRESS

CHILD ABUSE CASE

# Mother says appeal is cruel, sadistic

A mother who won a lawsuit against the British Columbia government after social workers enabled her estranged husband to molest their toddler in foster care says the province's decision to appeal the ruling is cruel and sadistic.

The Justice Ministry said it filed documents Friday seeking clarity from the Court of Appeal of B.C. A judge found last month that social workers knowingly violated a court order and allowed unsupervised access to a father who had sexually abused his other kids.

"I think it's completely rude, and inhumane for them to go on against little children who have been hurt so terribly," the mother, known in court documents as J.P., said in a statement.

She said the Ministry of Children and Family Development has been hurting her family since 2009, when it falsely accused her of being mentally ill and seized her children.

"What they have done for six years and now are continuing to do is cruel and sadistic. Like the people running the MCFD. We are suffering because of them."

B.C. Supreme Court Justice Paul Walker ruled last month the ministry showed "reckless disregard" when it failed to investigate the kids' claims that their father had sexually abused them.

Children's Minister Stephanie Cadieux said government lawyers advised her the trial judge erred in a number of areas and that an appeal was warranted.

"I want to make clear that today's decision is not about the family involved, but about every family that the ministry may interact with in the future," she said in a statement.

THE CANADIAN PRESS

UBC

# President leaves top job after a year

The president of the University of British Columbia has resigned after a year on the job.

Arvind Gupta was appointed to the role last July, when UBC said a 22-member committee conducted an international search for the position.

The university says in a news release that Gupta will return to his academic career as a computer science professor at UBC.

"Dr. Gupta has made meaningful accomplishments in his tenure as president, but has decided he can best contribute to the university and lead Canada's innovation agenda by resuming his academic career and leadership roles in the business and research community," reads the statement.

From 2000 to 2014, he was also CEO and scientific director of Mitacs, a national Canadian not-for-profit research organization.

The university's board of governors' chairman John Montalbano says that during his tenure as president, Gupta developed a strategy to support diversity and underrepresented groups, and improved access to mental health services.

Martha Piper, who was UBC president from 1997 to 2006, will return to the role for the next academic year while the university finds a permanent replacement.

THE CANADIAN PRESS

**Dr. Blair Leavitt of the University of B.C.'s Centre for Huntington Disease is heading up the first human clinical trial to test a new drug that shows promise for turning off the gene that causes Huntington's disease.** CONTRIBUTED

# New drug could be Huntington's cure

CLINICAL TRIAL

## Treatment involves gene silencing

**Thandi Fletcher**
Metro | Vancouver

The first human clinical trial to test a new drug that shows promise for turning off the gene that causes Huntington's disease is now underway in Vancouver.

Neurologist Dr. Blair Leavitt, who is heading up the trial at the University of B.C.'s Centre for Huntington Disease, said researchers are in the process of recruiting six patients who will participate in this Vancouver's part of the international clinical trial.

The goal is to test the drug's safety first, he said, but if successful, the trial will hopefully lead to larger and longer studies that will try to show the treatment's efficacy.

"This is a time of hope moving forward," Leavitt told Metro. "In the past there was always this statement in every article about Huntington's disease that this was an 'incurable disorder.' I believe that we are going to see that change … in the very near future."

Huntington's disease, or HD, is a genetic disease that affects the brain, progressively causing problems with co-ordination and movement, dementia and psychiatric symptoms. Patients with HD usually don't start to show symptoms until middle age, and the disease then takes about 10 and 30 years to progress.

In the trial, patients will be testing a gene silencing therapy drug known as ASO-HTT, which directly targets the underlying cause of HD: a single gene mutation that produces an abnormal huntingtin protein in the brain.

Leavitt said the clinical trial wouldn't be possible without the UBC researchers' recent developments of two new ultra-sensitive tests that allow them to measure levels of mutant huntingtin protein in the brain and in cerebrospinal fluid.

A study of the latest test, which was recently published in the journal Scientific Reports, confirmed what the researchers had hoped: that when mice with the mutant gene that causes Huntington's disease are treated with gene silencing directly in the brain, the levels of the mutant protein go down in their cerebrospinal fluid.

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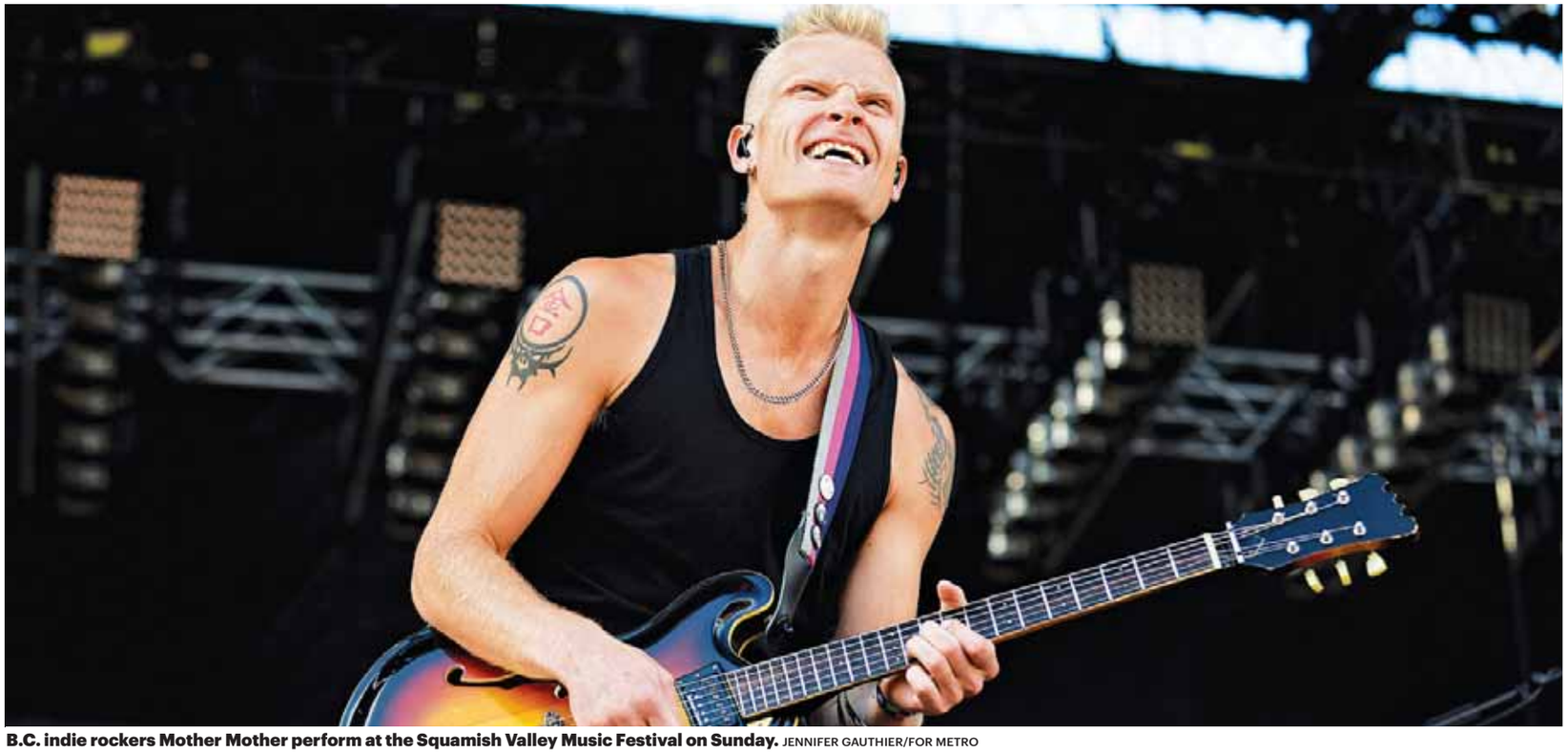

B.C. indie rockers Mother Mother perform at the Squamish Valley Music Festival on Sunday. JENNIFER GAUTHIER/FOR METRO

# Squamish Fest: 'A once in a lifetime opportunity'

MUSIC

## 'Magical' performances against idyllic landscape

Emily Jackson
Metro | Vancouver

It's easy to admit it — there was nothing but positive vibes on the one-kilometre trek from a stage with the Stawamus Chief towering behind it to catch another knock-out performance on the opposite side of the 70-acre festival grounds on the Sea to Sky Highway.

The Squamish Valley Music Festival delivered yet again this year, with organizers estimating attendance at more than 100,000 people for the four-day event with four stages with a mountainous backdrop so idyllic it looks fake. (The official count wasn't ready by press time.)

It ran as smoothly as possible for an event with weekend attendance that approximately doubles the town's population of 17,000 (according to the 2011 census) and attracts a lot of young people buzzed on illicit substances.

"This festival is very well supported by the local community … people are proud to have something of this magnitude in B.C," festival spokeswoman Laura Ballance said Sunday. "Guests have upheld their end of the moral contract to support one another and look out for one another."

There were "absolutely magical performances," Ballance said, noting massive acts such as Drake, Mumford and Sons and the Alabama Shakes.

"This opportunity to see this calibre of artists in this setting is really a once in a lifetime opportunity for people," she said, adding it was special to see artists react to the setting.

(Torontonians will be jealous that Drake called the audience the best ever.)

For the first time, the festival was fully cashless (bartenders were bummed at the lack of tips, but the bracelet payment system was easy for guests) and, due to new B.C. liquor laws, patrons could enjoy their beers outside the adults' only section. It went off without a hitch.

The rain on Saturday caused some pouts, but nothing could stop the excitement for Drake among the crowd almost uniformly decked out in flash tattoos, short shorts, muddied Converse sneakers and Raptors jerseys. (There was a notable amount of Vancouver Grizzles paraphernalia, too.)

Squamish RCMP Staff Sgt. Brian Cumming said there were no major incidents at the festival, although there was one traffic-snarling fender bender and a few people "freaking out" from illicit drug use.

"There's no such thing as a good synthetic drug," Cumming said, noting the recent fatalities related to fentanyl.

Ella Koshul, three, of Whistler, looks on as the Swedish duo First Aid Kit perform on the Stawamus stage on Sunday. JENNIFER GAUTHIER/FOR METRO

Janneke Coenen dances at the Squamish Valley Music Festival. JENNIFER GAUTHIER/FOR METRO

MEDIA

## Reporter 'rattled' by on-air live kiss

Another television reporter doing a live report received a jarring distraction after a man kissed her on the cheek.

CBC reporter Megan Batchelor was covering a music festival in Squamish, B.C., north of Vancouver, on Friday when the incident happened.

She was doing a live hit for the network's 6 p.m. newscast when video the network aired shows the man came up from behind, kissed her on the cheek and took a selfie.

The CBC quotes Batchelor as saying she was "rattled" by the encounter and felt like the unidentified man was trying to interfere with her ability to do her job.

The broadcaster is reporting that Batchelor has made a complaint to the RCMP and the network is asking anyone who knows the identity of the man to contact police.

The CBC said in an emailed statement on Sunday that Friday's incident is another example of a disturbing trend and the network will do everything it can to ensure its journalists are safe when reporting from the field.

The RCMP said tips from the public would be key in helping police to identify the man.

THE CANADIAN PRESS

# Party leaders back on campaign trail

ELECTION

## Harper vows to crack down on homegrown terror threats

With the shadow of the Mike Duffy trial looming larger than ever, Stephen Harper is kicking off Week 2 of the federal election campaign with a headline-grabbing effort to crack down on homegrown terror threats.

Harper, keen to show off his bona fides as the experienced incumbent, promised to make it a crime for Canadians to travel to specific countries or regions where they could fight alongside groups officially identified by the government as terrorist organizations.

He says a re-elected Conservative government would establish "declared areas" — regions of the world where terrorist groups like the Islamic State of Iraq and the Levant hold control and use their base to recruit and train followers.

New Democrat leader Tom Mulcair dismissed Harper's announcement as a campaign gimmick, suggesting it would have very little real effect on curbing terror.

"There's very little evidence to show that this is going to have any concrete effect, I don't know of too many flights between Toronto and the war zones, most of them are going through other countries so it won't make a big difference practically speaking," Mulcair told reporters in Vancouver after an NDP rally.

Liberal leader Justin Trudeau called Harper's announcement a diversion designed to take the attention of Canadians away from his government's failed economic plan.

**Conservative Leader Stephen Harper makes a campaign stop in Ottawa on Sunday,.** SEAN KILPATRICK/THE CANADIAN PRESS

### LEADERS

**Where they are today**

- Prime Minister Stephen Harper is due to be in Brampton, Ont.
- NDP Leader Tom Mulcair is scheduled to be in Toronto.
- Liberal Leader Justin Trudeau will be in Montreal.
- Green Party Leader Elizabeth May will be heading to Squamish, B.C.

METRO

Duffy is due to be back in court on Wednesday as Nigel Wright, Harper's former chief of staff, takes the stand.

When Justin Trudeau was asked at a campaign event in the Ottawa-area on Sunday about how Wright's pending appearance might change the dynamic of the election campaign, the Liberal leader called it a reminder of Harper's "lack of respect for democracy and of his extremely poor judgment."

Harper volunteered an answer to a question he wasn't asked, reacting to remarks made last week by "star NDP candidate" Linda McQuaig, who told a CBC panel discussion that for Canada to meet its climate change targets, "a lot of the oilsands oil may have to stay in the ground." The comments contrasted with NDP leader Tom Mulcair, who has been open to oilsands development provided there is rigorous environmental protection and legislation to force oil companies to pay for pollution they create. Mulcair does, however, support a west-to-east pipeline for moving crude to market."That is the NDP's not-so-hidden agenda on development," Harper said.

THE CANADIAN PRESS

**MEMORIAL FOR CECIL ARTIST PAYS TRIBUTE TO SLAIN LION** Brian Gasenzer of Winnipeg painted his Arlington Street home's garage door with a tribute mural to Cecil, the African lion killed in an illegal hunt in July. DONNA MAXWELL/FOR METRO

### IN BRIEF

**Officials warn about outbreak of Cyclospora**

Public health officials are warning about an outbreak of the intestinal illness Cyclospora, with 83 cases being investigated across Canada. The Public Health Agency of Canada says two people have been hospitalized from the parasite but no deaths have been reported. The cases are mainly in Ontario, but there are also some infections in B.C., Alberta and Quebec.

THE CANADIAN PRESS

SASKATOON

## Lung infections rise in cancer patients

The Saskatoon Health Region is investigating the cause of a rise in lung infections after six cancer patients were infected.

The region's hematology program noticed an increased rate of fungal lung infections among the Royal University Hospital's leukemia and lymphoma patients over the past seven months.

So far six patients at various stages of cancer treatment have been infected.

Some have already recovered from the bug and no one has died as a result of the infection.

The region does not know the cause of the infection, or whether it came from inside or outside the hospital.

"These are bugs that are common on the surface of anyone in your home or hospital," hematology clinical lead doctor Mark Bosch said. "The bugs are common everywhere, however the rate of infections is what's increased."

THE CANADIAN PRESS

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**Cecily and her new leg.** BOSTON GLOBE

TECHNOLOGY

# Hen gets prosthetic leg via 3D printing

**Keela Sweeney**
Metro in Boston

Cecily, a Boston chicken amputee, underwent the first phase of her surgery to make a 3D printed prosthetic leg this past week.

Cecily was born with a torn tendon in her right leg that made walking extremely difficult. When the hen's owner brought her in to an animal specialist they were given two options: put Cecily down, or pay for the prosthetic leg.

Cecily's owners decided that the it was worth the $2,500 US for a new leg.

"We decided it was worth splurging for the rehabilitation because we love our hens," Patrick Crozier told the Boston Globe. "They are more than just egg-layers. We help them so they can live as long as they can. They become part of the family."

After her series of surgeries and full re-coop-eration Cecily will be returned to the Black Thistle Farm in Clinton, Mass., where her original owners, the Martin family, will take care of her chicken leg, breasts and thighs.

# Violence, fraud taint Haiti ballot

DEMOCRACY

## Legislative elections nearly four years late

**A man rips an election ballot after authorities closed a voting centre following fist fights that broke out inside during parliamentary elections in Port-au-Prince, Haiti, Sunday.**
DIEU NALIO CHERY/THE ASSOCIATED PRESS

Haitians were electing legislators to Parliament Sunday after a years-long wait, but the vote was plagued with delays, disorder and occasional fist fights and rock throwing.

The legislative elections had been postponed for nearly four years due to a political showdown between Haiti's executive and opposition, and they have been billed as a crucial test of the country's electoral system ahead of a presidential vote in October. Sunday's first round seeks to fill two thirds of the 30-member Senate and the entire 99-member Chamber of Deputies.

But a number of polling stations across the country of 10 million people had to wait for ballots hours after voting was supposed to start at 6 a.m. In sections of Port-au-Prince, voters grew exasperated after being told they couldn't cast ballots because their names weren't on official voting lists.

"This is very frustrating. Are they trying to discourage voting?" gardener Gerald Henry complained to a reporter after election workers turned him away.

In the crowded capital, at least three voting centres were shut down by authorities after fist fights broke out as partisans attempted to stuff ballot boxes and engage in other irregularities. At one voting centre in downtown Port-au-Prince, groups of young men ripped up paper ballots as heavily armed police shot into the air to re-establish order. Rocks were thrown in response before authorities closed the polling station.

THE ASSOCIATED PRESS

## IN BRIEF

**North Korean landmine maims two soldiers, South Korea charges**

Seoul says Pyongyang will face "searing" consequences for laying the mines that exploded last Tuesday in the Seoul-controlled southern part of the heavily-fortified Demilitarized Zone.

The soldiers had been on a routine patrol. One lost both legs, while the other lost one leg. Pyongyang has not responded.

THE ASSOCIATED PRESS

**Catholics divided on gay rights issues**

Pope Francis refined his vision for the church last week when he said long-spurned divorced and re-married Catholics should be welcomed with "open doors." And he has famously parsed centuries of thought on homosexuality into a five-word quip: "Who am I to judge?"

Yet Margie Winters, 50, lost her job at Waldron Mercy Academy in June after a parent complained about her 2007 marriage to a woman.

THE ASSOCIATED PRESS

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TRANSCANADA CORP.

# Company plans for pipeline rejection

The Canadian company involved in the controversy-plagued Keystone XL pipeline project has begun planning its response to an anticipated rejection of the project by U.S. President Barack Obama.

In its public statements, TransCanada Corp. is expressing hope he might still approve the pipeline, which over the course of its years-long delay has become an irritant between the U.S. and Canadian governments.

But people close to the project say the company has become all but convinced a rejection is imminent based on signals the White House is sending publicly and privately — and it's now considering the next move.

One possible response is a challenge under the North American Free Trade Agreement to recoup damages from the U.S. government. Another is immediately re-filing a permit application with the U.S. State Department before the 2016 presidential election.

One source involved in the project said company lawyers are being consulted on the mechanics of a NAFTA challenge, and weighing the legal and political implications.

He said the main suspense now is how Obama will make his big announcement — quietly, in a mid-summer Friday afternoon statement, or boldly from a platform like his upcoming Aug. 31 trip to a climate-change conference in Alaska.

"There's a broad acceptance that the decision's been made," he said, adding that different White House employees had suggested a rejection's coming.

THE ASSOCIATED PRESS

**Colin Dobell, president and CEO of Inuktun Services — a maker of modular mobile robotic crawler vehicles, based in Nanaimo, B.C. — stands with the Versatrax Vertical Crawler and the Versatrax Controller.** CHAD HIPOLITO/THE CANADIAN PRESS

# Techies crawl to the top

INUKTUN SERVICES

## B.C. company's agile robots explore where humans can't

What started as a fun project for two techies on Vancouver Island more than 25 years ago has now become an industry leader in robotic crawlers.

Inuktun Services Ltd.'s remotely operated vehicles, or ROVs, have combed through the radioactive wreckage of a tsunami-hit nuclear plant in Japan, assisted in search and rescue efforts after the Sept. 11 terror attacks, and are being used by the U.S. military.

But despite its international success, the Nanaimo, B.C.-based company remains little known at home.

That's largely because most of its products are sold outside of Canada, said company CEO Colin Dobell.

"We're not really well-known locally and that's OK," he said in a phone interview from the company's head office on Vancouver Island.

"We're more export than anything ... oil and gas and nuclear would be our two biggest markets. But we get into a lot of other kind of oddball stuff too that we never even imagined our equipment would be used for."

Inuktun's agile robots are used to access confined spaces and hazardous environments that humans can't.

Their clients range from Pacific Gas and Electric Co., which used crawlers to inspect inside a natural gas pipe after a fatal pipeline explosion in California five years ago, to Starbucks, which bought cameras to inspect coffee beans on a conveyor.

> **We're not really well-known locally and that's OK.**
> Inuktun Services Ltd. CEO Colin Dobell

Earlier this year, Inuktun announced it was sending a custom snake-like crawler to the Fukushima Daiichi Nuclear Power Plant to assess the damage from 2011's massive earthquake and tsunami.

After the 9/11 attacks "we sent robotic equipment to Ground Zero to do search and rescue and search and recovery efforts," Dobell said.

"A few years ago, we sold a whole bunch of equipment to the U.S. military to actually use in cross-border tunnel investigation in U.S.-Mexico borders and also overseas in the Middle East."

But Dobell said the most compelling stuff is top secret. The company is kept quiet by big-name clients that don't want the public to know what they're using the technology for.

When Inuktun began in B.C. in 1989, its owners had no idea they would be signing non-disclosure agreements with some of the world's most prominent organizations.

Dobell said that part materialized "largely by accident," after Inuktun's co-founders Terry Knight and Al Robinson — both now retired — started the company "as kind of a fun project to take them into retirement."

"When they started they were building these little swimming ROVs," he said.

"The idea being you would sit on your boat, throw it over the edge and watch the crabs or chase fish or pick up the keys you dropped."

Dobell, who came on board in 1996, said the product was too expensive for a recreational market, but got the attention of the nuclear industry and spawned the creation of different robotic systems to meet customer demand over the years.

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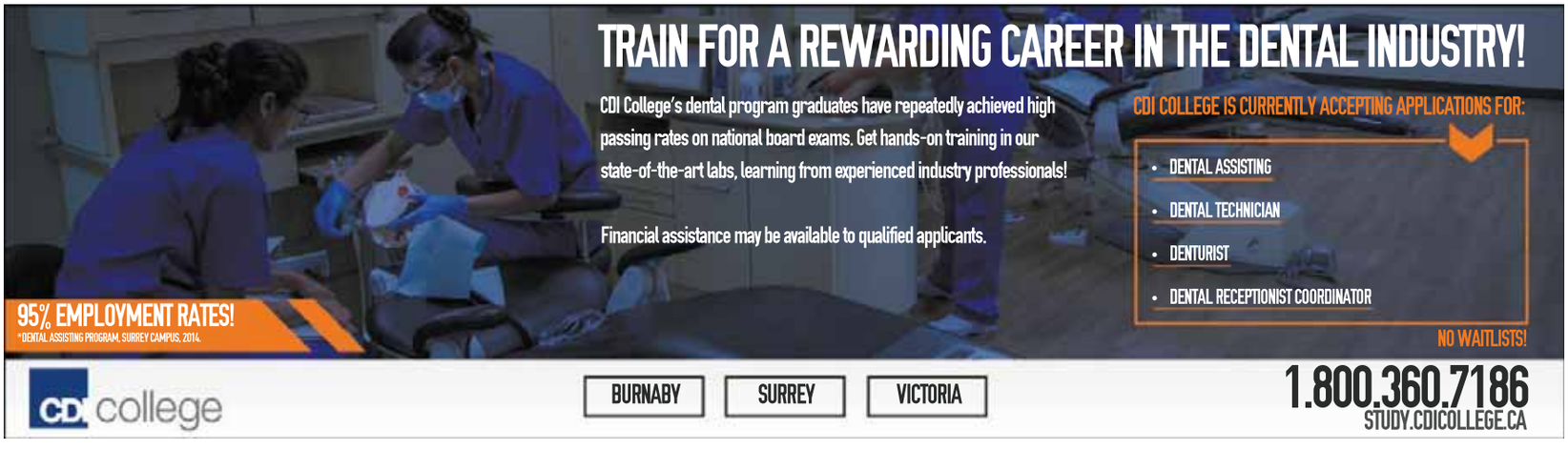
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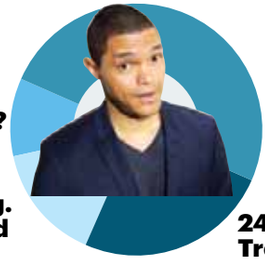
metro VIEWS
Your essential daily news
Monday, August 10, 2015

## POLL: FAREWELL JON STEWART

**Jon Stewart made a career of skewering U.S. politics and media on The Daily Show. Over 16 years, what started as a parody of a nightly newscast became one of the nation's most trusted sources of news — at least for liberals and progressives. We asked our readers about Stewart's next step (many are hoping it's the White House!) as Trevor Noah takes the reins.**

**WHAT SHOULD JON STEWART DO NOW?**

### WHO WILL YOU TURN TO FOR NEWS?



**Who was your favourite Stewart target?**

**29% CNN**
**23% SARAH PALIN**
**23% DICK CHENEY**
**13% GLENN BECK**
**12% ARBY'S**

**333** RESPONDENTS

Answer our poll every Friday at metronews.ca

# Puppy-delivering stunt was Uber-manipulative

CITY HOLLER
Trish Kelly

Important things happened in Vancouver last week. The city converted its downtown remand centre into 96 apartments for low-income tenants, putting homes before prisons. The first federal leader's debate kicked off the election campaign, and Translink announced it will remove zone surcharges on all buses this fall. But, you probably missed all that, because: Puppies!

Uber, a worldwide ride-sharing app that connects passengers with drivers for cheaper rates than taxis, spent Friday delivering puppies to Vancouver offices. For a $30 donation, Uber delivered one of several puppies available from a small pet rescue in Vancouver for a 15-minute visit and stress-busting cuddle.

If you didn't immediately go furbaby crazy, or stagger at the strong yank on your heart strings, you may have wondered what puppies have to do with a cheap taxi service. The answer is nothing.

Uber, which was blocked from operation in Vancouver by city council last October, isn't a puppy delivery service. Uber drivers are not expert dog handlers. In fact, representatives from the pet rescue rode along for the puppy playtime visits because the drivers, who are not even required to be professional drivers, let alone professional dog handlers, rightly had to focus on the road.

I'm sure the funds raised are welcomed by CAARE Pet Rescue. No doubt the organization will appreciate a couple of thousand dollars towards their commitment to spay and neuter every pet they place. And if the way to find forever homes for pets is to identify potential owners so puppy-crazy they'll throw down thirty bucks for 15 minutes of cuddle time, then certainly there will be less lonely puppies in the world.

But, aside from the upside for the charity, this stunt gives me a "no" feeling. Maybe it's the stranger-danger talk I got as a kid, when my mother warned me to steer clear of people offering to show me a puppy they have in their car. Or maybe it's that just a few days before the puppy-delivery extravaganza, another news report surfaced of an alleged sexual assault by an Uber driver, this time in Arlington, Virginia.

Or maybe it's that in all the Uber puppy photos posted online, I think the small dogs look very tired. Did those pups need to be handled by dozens of puppy-crazy office workers so that this fall when city council votes again on whether to open up taxi licenses to ride share programs, Uber can have some positive brand association?

**Let's hope Vancouverites are wise enough to remember what problems Uber really needs to address.**

Let's hope Vancouverites are wise enough to remember what problems Uber really needs to address before we welcome it into our city, namely the safety of passengers. And leave the puppies out of it.

**Trish Kelly** lives and writes in East Vancouver. Follow her @trishkellyc

## ROSEMARY WESTWOOD

metroview

# Columns come in a few finite forms. Here's a cheat sheet

We've reached Peak Opinion.

I say that with authority because every day I file into the cacophony columnist melting pot/Twittersphere/Internet-universe/Facebook-land and languish among the Tabatha Southeys and Jessica Valentis. And, of course, the men — also known as two thirds to three quarters of all columnists.

But all that chinwagging doesn't have to confuse. Despite the perpetual spew, columns come in a few finite forms. Here is your cheat sheet.

The Hot Take: To quote the New Republic quoting Salon's Simon Maloy, "A hot take is a piece of deliberately provocative commentary that is based almost entirely on shallow moralizing."

The Comic Angry: A scathing column with metaphors more grandiose than Donald Trump on a gold toilet on an elephant on a rocket in space yelling "I don't need anybody's money!"

The Why This is Wrong: Take a controversy, pick a side and say why the other is wrong, or why they're both wrong, or why the reader is wrong to think one of them is wrong.

The We're All Feminists Here: Ask women celebrities to play nicely, because even if they hate each other, we should all hate patriarchy more. Vive la feminist dream!

The Slice of Life: Something mildly interesting happened to me the other day, and now you're going to hear about it.

The Me vs. Trend: There's a new trend. This is why it's stupid, or great, or why you're stupid for doing it, or stupid for not doing it.

The You Should Know About This: Something important is happening in the world, but Kim Kardashian gave birth again so you haven't heard yet. It could be happening close to you, or far away, but you should know because, like I said, it's important.

The We Take Celebrity Too Seriously: Self-explanatory.

The Satire: I don't mean a word of this.

The Reasoned View: There's fierce debate over an issue, but the correct view is to tread the middle ground, cherry pick from both sides and blend into a position both lucid and impossible to act from.

The Life is Good: Amid the wars and corporate greed, this individual has done something inspiring/extraordinary/life-fulfilling. So cheer up.

The Epiphany: Here I share an experience that clarifies one of the meanings of life. You're welcome.

Peak Opinion, unlike other peaks, will not edge off into a decline. It's more a plateau. But at least you can now say, 'Hey! She's just doing the We Take Celebrity Too Seriously!' shrug, stop reading and enjoy your day.

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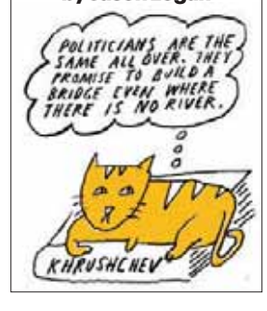

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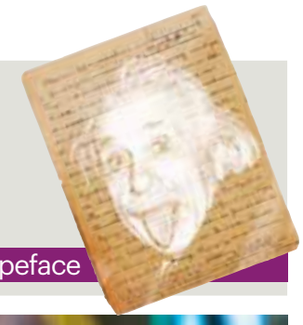

# The young and the not-so-sober

ISTOCK

ALCOHOL ABUSE

## Marry young and you could bypass binge drinking: Study

Problem drinking tends to decrease with age for many individuals, but a new study says marriage could allow young people with a tendency to abuse alcohol to bypass an unhealthy phase.

While social scientists and psychologists would have once said that binge-drinking young adults are not ready for marriage and should learn to curb their habit before tying the knot, this U.S.-based research team has another perspective.

"Confirming our prediction, we found that marriage not only led to reductions in heavy drinking in general, this effect was much stronger for those who were severe problem drinkers before getting married," says Matthew Lee of the University of Missouri.

Springboarding off a theory that Lee describes as the "role incompatibility theory," the team hypothesized that the most severe of problem drinkers must make the most dramatic changes in order to adapt to the demands of married life.

Behavioural change, says Lee, is one way to resolve incompatibility with a new role such as that of a husband or wife.

The team established that the older people got, the less they drank.

This effect was even more pronounced for those who were problem drinkers before marrying, according to the study, whose hypothesis was thus confirmed.

"We believe that greater problem drinking likely conflicts more with the demands of roles like marriage," says Lee. "Thus, more severe problem drinkers are likely required to more substantially alter their drinking habits to adapt to the marital role."

The study brings to light the concept of lifestyle roles as a driving force behind reducing alcohol consumption.

The research team believes that with further studies, they could uncover key insights that could change our approach to young people who abuse alcohol.

The study was published in the journal Alcoholism: Clinical and Experimental Research. AFP

## HANGOVER CHIC

**New beauty trend: looking like you had too much to drink**

Being drunk or hungover isn't usually regarded as a great beauty look, but all that is changing thanks to a new Asian trend. "Hangover makeup" is the latest look to hit social media, with girls in Japan and Korea uploading photos of themselves on Instagram intentionally looking like they've just come home from a big night out.

Eye bags are traditionally seen as something to try to hide, cover up or zap in the West, but puffy peepers form an integral part of this hot new look, with some women going so far as to contour their under-eye area to make it appear bigger. This is particularly popular in Korea, where puffiness is seen as pretty.

Blush applied directly under the eyes to give the impression of being tired is also a key part of the trend, especially in Japan. Instagram users like @matilda_xy have been demonstrating how a thick sweep of blush above the cheekbones results in the sort of tired, slightly feverish esthetic that only a hangover can bring about. Instagrammer @mavis_guo shows how the look can be paired with pale skin and a slightly shiny eye for that "just woke up" vibe. AFP

PROBLEM DRINKING

## Millennials take to online sobriety aid

While face-to-face meetings are more effective than online groups when it comes to curbing alcohol abuse according to a survey presented last week at the American Psychological Association's convention in Toronto, the use of web-based sobriety support sites is steadily growing.

Wayne Skinner, a clinical director in the addictions program at Toronto's Centre for Addiction and Mental Health (CAMH), called the findings interesting and a basis for further research.

He suggested there is undoubted value in people with addictions getting together for group support, but the Internet does offer an alternative for those unable or unwilling to go that route.

"This is where I think online has an advantage," said Skinner, who was not involved in the research. "When we're trying to set up support groups for family members or clients in recovery, you have to have a certain time, a certain place and enough people to come.

"That's often a barrier."

He said the ability to offer peer support to an extended group of people is a powerful dividend from the technology — and one that more and more young computer-savvy people will likely embrace in the future, he said.

While lead researcher Don Grant of Fielding Graduate University in Santa Barbara, Calif., worries about the future of face-to-face meetings, he does acknowledge the benefits of online support.

"The idea that it is available 24-7-365 is phenomenal," he said, noting that the Internet also allows people who are geographically isolated or have psychological or physical disabilities to connect with others.

"They can finally get help instead of being desperate and alone," said Grant, who advocates regular attendance at meetings, buttressed by online support when a person needs it to either get sober or to stay sober.

THE CANADIAN PRESS

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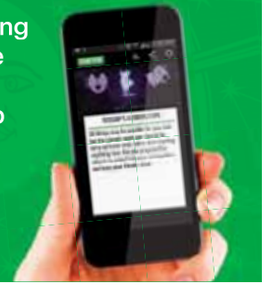

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UNIVERSITY

# Budgeting, managing debt vital for students, experts say

**Creating a budget may be hard for students just coming out of high school with little financial awareness, but experts say it's essential.** ISTOCK

As students prepare to make the leap from high school to college or university, many may find themselves confronting some tough, new lessons outside the classroom.

"Kids coming out of high school have very low financial literacy," says Kurt Rosentreter, a financial adviser at Manulife Securities. "Very few understand money."

That can lead to major challenges down the road and exacerbate the debt burdens they will have to shoulder upon graduation, Rosentreter says.

### Budgeting

Lana Robinson, executive director of CIBC Wealth Advisory Services, recommends that students create a monthly and a weekly budget to track their sources of income and their expenditures.

Income sources can include student loans, bursaries, a line of credit, loans from family members and income from part-time or summer jobs.

Expenses can be broken down into two categories, says Robinson. Non-discretionary costs include non-negotiable items like rent, tuition and transportation.

Determining how much to spend on discretionary items requires making decisions, such as how much to shell out for cellphone coverage and whether to eat out or cook at home.

However, it isn't enough to simply create a budget, says Robinson — for many people, the tricky part is sticking to it.

> **"I've seen kids who are 25 years old who are declaring bankruptcy.**
> Kurt Rosentreter, financial advisor

"It takes discipline," Robinson says.

For students who receive student loans and other income in large, lump sums, Robinson recommends keeping that money in a separate savings account and transferring portions of it into chequing on a monthly basis. That can help students ensure that they don't spend more than their monthly allotment.

### Managing debt

Learning how to use debt wisely is another important skill for students to grasp, says Rosentreter. It's all too easy to run into trouble by treating a credit card "like it's candy," he says.

"I've seen kids who are 25 years old who are declaring bankruptcy because they've rammed up credit cards," Rosentreter says.

There are several kinds of debt that students can use to pay their way through school, and Rosentreter recommends sticking to those with low interest rates that allow more time for repayment.

Government student loans are usually the best option in this regard, as they typically don't require students to pay them back until after graduation. However, some students may not be able to secure as much funding through that avenue as they require — particularly if their parents are in too high of an income bracket.

A student line of credit from a bank is a good alternative, while credit cards — which have the highest interest rates and need to be paid down quickly — are the worst of the available options, Rosentreter says.

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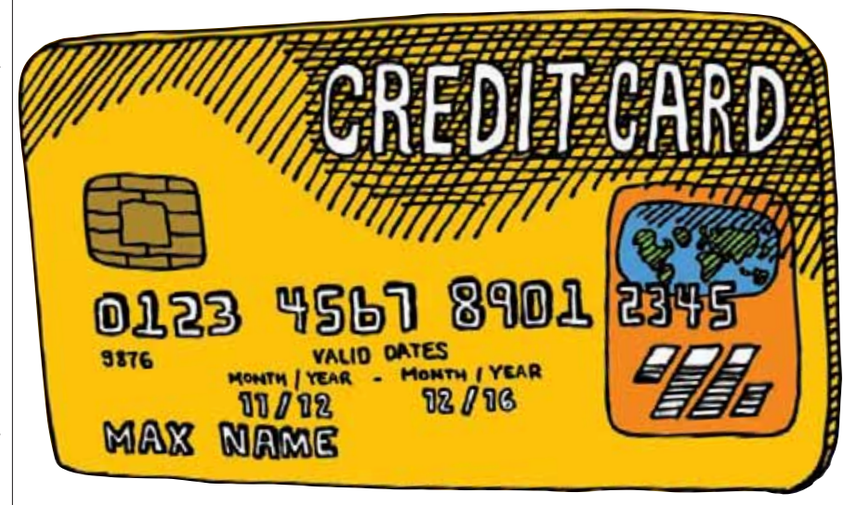
# It's not a reward if it costs you




CREDIT CARDS

## Points distract from annual fees and high interest rates

Let me get this straight — credit card companies will give me tons of free stuff just for using their card to buy what I was going to buy anyway?

Well… sort of.

Who doesn't love free points? I love free points, miles, cash back — they all sound great to me.

Those points/miles/gem stones that your credit card company is promising aren't mirages, but they aren't exactly free either — at least most of the time.

The best rewards cards all have two things in common: they have an annual fee and they have relatively high interest rates — usually 18 to 20 per cent.

There are no-fee cards that have some limited rewards features and/or a lower interest rate, but you'll notice they are never quite as lucrative as the mega-platinum versions that offer a quintillion points for signing up (of course most flights cost one-and-half quintillions, but it still sounds like a lot).

Most of the elite-level rewards cards charge an annual fee of $80 to $120 and have comparable interest rates.

What you need to determine for your specific situation is whether your monthly spending and repayment habits will leave you further ahead with the fancy rewards card, or with the annual fee safe and sound in your bank account instead of in the hands of your credit card provider.

The first commandment of personal finance is to never carry a balance on your credit cards.

If you carry a balance and don't repay every dollar you borrowed with your card(s) it is almost never worth it to go with the best rewards cards and pay the higher interest rates.

Instead, you should look at getting a credit card with the lowest possible interest rate, paying off your current cards with a low-interest loan or line of credit, or simply start paying off your balance every month!

If you pay your card off every month the annual interest rate is irrelevant to you.

Now you can start counting your chickens before they hatch (note to self: new credit card promotion aimed at farmers...) and looking at what rewards best fit you.

Some cards give more points for travel, while others prize groceries and gas station purchases. You need to do some basic math and figure out if you spend enough that the rewards you will accrue are worth more than your annual fee.

There are some great online resources out there at places such as LowestRates.ca and RateHub.ca that allow you to quickly compare your credit card options and see which one is right for you and your spending habits.

> **"Those points/miles/gem stones that your credit card company is promising aren't mirages, but they aren't exactly free either — at least most of the time.**

### $ BANK NOTES

**Credit card rewards tips**

- Try to negotiate not paying the annual fee. You should be able to get out of paying it for the first year for sure.
- Several provinces will allow you use Aeroplan points to repay your student debt.
- Not all points/miles/rewards are created equal. Check to make sure you're comparing apples to apples when looking at the value of your rewards system.
- Some companies bank on points/miles/rewards inflation rates so that you will be penalized for hanging on to your points too long.

Emily Wight, above, insists you don't have to break the bank to eat tasty, healthy meals. TRACEY KUSIEWICZ/HANDOUT

# Eat well, spend less: Author shares tips

COOKING

## Cookbook inspired by Vancouver mom's blog

Emily Wight insists you don't have to break the bank to eat well.

Her new cookbook, Well Fed, Flat Broke: Recipes for Modest Budgets and Messy Kitchens (Arsenal Pulp Press), stems from a blog she began writing after graduating from university.

"It was the perfect subject matter for the times," Wight says. "Student loans were about to become payable and I was still just getting into full-time work."

She adds, "You don't want to sacrifice taste and you want to look forward to your meals, but on the other hand, you've got your rent to pay, your daycare to pay and it's expensive."

Now the 32-year-old is balancing a career in communications at the University of British Columbia and motherhood, with toddler Hunter, who will be four in November. But she eked out enough time to write her book, with tips and recipes gleaned from years of frugality.

"You don't have to have expensive ingredients to make a satisfying meal. I find I can make a perfectly delicious pasta sauce with canned tomatoes that are the no-name brand, so you don't feel you have to go out and buy the most expensive thing in order for it to be good," she says from Vancouver.

"You can have delicious and luxurious and satisfying meals on a budget."

To control her spending, her food budget has its own bank account. She reads flyers and shops at stores that offer mobile apps.

"They make it really easy and convenient to use their coupons and stretch your dollar a little further with points programs."

She also buys locally as much as possible.

"Little farm stands and farm markets are a great place to get good value on your produce. The same goes for some of the Asian markets or ethnic markets in your community, because a lot of those places will be bringing in produce at quite a good price as well."

The latter are also a great source for condiments and sauces to liven up a simple recipe: "A little bit of fermented bean paste, for example, makes green beans something really different and a little kimchee goes a long way."

The spicy fermented Korean side dish can be tossed into fried rice or pancakes or can accompany a rice and lettuce wrap.

Buy meat in bulk when possible, she advises. "The butcher is really great because you're not getting that grocery store markup and you're also getting the expertise," Wight says.

If you have the space, a chest freezer is ideal for storing bulk buys. Wight bought hers on Craigslist for about $25.

"It's not nice looking. But it's a great way for us to economize and my husband hunts and fishes so we pack up the freezer."

She also likes to make one-pot dinners that will provide enough to have leftovers for lunch the next day.

"Something like a lentil sloppy joe heats up pretty nice the next day at work, or sometimes a curry or a dal, I can just pile it over rice and eat it at work or send it to daycare for Hunter."

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WORKPLACE

# How to handle covering for your vacationing coworkers

OFFICE RELATIONS

Eleni Deacon

When you're on vacation, your work should feel miles from your mind. But for your colleagues stuck back at the office, your work could cause double-duty pressure.

During the summer months, most employees want to skip town. And while their time off is hard-earned, the stragglers must pick up the slack.

Filling in for absent coworkers inevitably means more tasks — but it doesn't have to mean more stress.

Before you hop on a plane, make a plan. Establish which of your colleagues will be responsible for your assignments, then walk them through any unfamiliar processes. This conversation should not be saved for 4:30 p.m. on your final day (at which point you'll already be deep into crack-a-Corona mode). Set aside time during the week before your departure to thoroughly review your requirements, then follow up pre-takeoff to ensure there are no outstanding questions.

Keep your to-do list doable. Your vacation is not an opportunity to saddle someone else with that finicky project you keep putting off. Set priorities, and only assign the must-get-done jobs. Provide clear, written instructions for how and when each component must be completed, and address how to handle any snags. No one wants to answer emails while they're away. Properly brief your understudy, and you'll have no reason log in.

If you're the one stuck at your desk, get proactive about your impending workload bump. Before your colleague scoots to the cottage, ask all your questions and make sure you feel confident covering their tracks. Answering emails on vacation is bad. Even worse: emailing your vacationing coworker with persnickety queries you should have addressed before they left.

When your plate is already heaping, extra chores can feel extra annoying. But your coworker's absence is actually an opportunity. If they perform different duties, deal with different clients, or have a different role altogether, this is a chance to pick up new skills and gain a deeper understanding of your organization. Think of it as a time to test-drive another job. You'll learn what you like — and what you don't enjoy, you won't have to do for long.

Whether you're vacationing or staying, arranging a holiday back-up plan can be nerve-wracking. When you're leaving, you fret about returning to a mess. When you're filling in, you worry about messing up.

In both cases, relaxing is an asset. No one can do someone's job exactly like them. But if everyone preps and tries their best, this phase should pass without chaos. Then the traveller can focus on being away — not what's happening back at work.

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# Charlize Theron inhabits 'Dark Places'

FEMALE LEADS

## Oscar-winning actress drawn to 'conflicted' protagonists

Ned Ehrbar
Metro | Hollywood

Despite being one of the most successful stars in Hollywood, Oscar-winning actress Charlize Theron is painfully aware of how rare it is in popular film to come across a fully realized female protagonist that has some edge.

"It's really interesting when you get to play a woman that is layered and conflicted and has certain human attributes that might not be that attractive, which is part of the human condition," she says.

"Somehow, because we haven't seen enough of it in cinema, it kind of sticks out like a soar thumb and people comment on it."

While she's not a fan of the state of female characters in movies, she understands why people are focused on them.

"People are talking about it because there has been such a lack of it," she says.

"I can't say that I'm attracted to angry, dark people. I think what I'm attracted to is characters to me that feel very truthful to the embodiment of a full woman. It's just refreshing to see women like Gillian write women like that. It feels authentic and real."

**Charlize Theron stars in Dark Places, based on Gillian Flynn's novel of the same name. Flynn also wrote the book behind the blockbuster adaptation, Gone Girl.** CONTRIBUTED

**CHARACTER STUDY**
Charlize Theron won an Oscar for her role as Aileen Wuornos in Monster, a film based on the life of a prostitute-turned-serial killer in Florida.

Some keeping an eye on Theron's career have suggested that she might be drawn to these types of darker roles because of her own rocky history — Theron's mother shot and killed her abusive husband in self-defense in 1991.

But the Oscar-winning actress insists those people are seeing connections where there aren't any.

"It's a very easy assumption to make that because I had a very tragic event happen in my life, that that was why I wanted to make this story, and it couldn't be further from the truth.

"There really aren't any similarities. The circumstances of this tragedy has absolutely nothing in common with the tragedy that happened in my life," she says.

"I think that the correlation in this that people can relate to is that we all come from this family structure that we don't get to choose necessarily," Theron says.

"I have yet to meet somebody that doesn't have some form of skeletons in their closet from the family life that they lived."

### BACKGROUND

**Theron and Flynn cook up a recipe for success**

Now that she's starred in an adaptation of a Gillian Flynn novel, Charlize Theron has a foolproof plan for the rest of her acting career.

"We've talked about it," Theron says of Flynn and her future writing efforts.

"All of her characters are going to be five-foot-10 from now on. And flat-chested."

NED ERHBAR/METRO HOLLYWOOD

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STOP-MOTION ANIMATION

## The deadpan silence of Shaun the Sheep

He may be relatively new to Canadian audiences, but Shaun the Sheep is a wildly popular character everywhere else on the planet.

From Britain to Brazil and even Japan — where an exhibition recently attracted 30,000 fans in five days — the clever cloven-hoofed character has proved to be a massive hit for Aardman Studios, the U.K. creators behind stop-motion movies like Chicken Run and Wallace & Gromit.

"If we knew the answer to that (success), we'd have a few more characters probably," laughed Richard Starzak, co-director of the new Shaun the Sheep Movie.

As writer and director on the hit BBC series ever since its debut in 2007, Starzak does hint the global reach of Shaun is simply because "silent comedy is universal."

**Shaun takes a break from the farm in Shaun the Sheep Movie.** CONTRIBUTED

As a series of seven-minute cartoons, that silence may be golden but it certainly presented a new challenge to Starzak and co-director Mark Burton when they had to stretch Shaun the Sheep into a feature-length film without the use of dialogue.

"That was an exciting challenge for both of us (and) we took two years on the script," said Starzak of Shaun's off-farm adventure into the big city. "We wanted it to have the integrity of the series so it just seemed to make sense to make it a silent film."

As such, the co-directing duo studied as many movies of the silent era as they could — including early-Hollywood gems from comedians like Charlie Chaplin and Buster Keaton.

However, as much as the comedy pioneers' physical slapstick informed the film's biggest laughs, the directors are also being commended for their slick inclusion of adult-oriented gags referencing everything from TV's Breaking Bad to the serial killer classic Silence of the Lambs.

"We never dumb down, we never think we should be writing for kiddies. We just make up a story that we enjoy and that makes us laugh," insisted Burton.

"Having said that, there are a few moments where our sense of humour gets the better of us and we pop in a reference that is more aimed at adults. Or at least I hope Canadian children won't understand the Hannibal Lecter references."

STEVE GOW FOR METRO

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GOP

# Trump makes bloody remarks

Republican presidential candidate Donald Trump said Friday he can't recall using words such as "dog," "fat" and "disgusting" to insult women he believes have slighted him, but such language litters his Twitter feed and other comments he's made for years.

The issue took centre stage at the first Republican debate of the 2016 campaign for president, when Fox News moderator Megyn Kelly asked Trump about his use of such language and whether it reflected the "temperament of a man we should elect as president."

Trump largely dismissed Kelly's question at the debate, but on Friday he went directly after her.

Before dawn, he had retweeted a post calling Kelly a "bimbo." The post was later deleted, but on Friday evening Trump called Kelly a "lightweight."

Referring to Kelly's questions during the debate, Trump said, "There was blood coming out of her eyes, blood coming out of her wherever."

Citing that remark, conservative commentator Erick Erickson said he was withdrawing his invitation for Trump to appear at his RedState Gathering in Atlanta on Saturday. "I just don't want someone on stage who gets a hostile question from a lady and his first inclination is to imply it was hormonal," Erickson wrote on the RedState website Friday night. "It just was wrong."

In tweets sent last year, Trump called Huffington Post editor Arianna Huffington "a dog who wrongfully comments on me" and said she is "ugly both inside and out!" On some occasions Trump appears to have recognized he's gone too far. In April, he retweeted, then deleted, a tweet that read, "If Hillary Clinton can't satisfy her husband what makes her think she can satisfy America?"

THE ASSOCIATED PRESS

Fox New's Megyn Kelly.

# Guns, drugs and boobs: Cyrus on double standards

JUST BEING MILEY

## Pop star says there's 'nothing left' to catch her doing

IN HOLLYWOOD

Ned Ehrbar

Miley Cyrus and I apparently see eye to eye on a lot of things, including Taylor Swift.

Well, sort of.

While my Swift gripes are more broad and far-reaching, Cyrus is taking issue with one particular move — namely Swift's much-hyped Bad Blood music video.

"I don't get the violence revenge thing," she tells Marie Clare.

"That's supposed to be a good example? And I'm a bad role model because I'm running around with my t----- out? I'm not sure how t----- are worse than guns." Ain't that America, right?

Cyrus also has some other insights that are genuinely awesome, like her take on the double standards of show business: "There is so much sexism, ageism, you name it," she says.

"Kendrick Lamar sings about LSD and he's cool. I do it and I'm a druggie whore."

Oh, and all of her outlandish behavior and aversion to clothing? It's all pretty savvy, actually.

"There's nothing left to catch me doing," she explains.

"You want to hack my email so you can find my nude pictures? I'll just f---ing put them up."

Right on.

> **Kendrick Lamar sings about LSD and he's cool. I do it and I'm a druggie whore.**
> Miley Cyrus

metroGOSSIP MUST READ

Miley Cyrus is not impressed by Taylor Swift's Bad Blood music video. ALL PHOTOS GETTY IMAGES

UTOPIA

## Smith pontificates on transcendence

Willow Smith takes inspiration from the movie Avatar.

In case anyone's interested, 14-year-old singer and budding philosopher Willow Smith has her idea for utopia all worked out, as she tells i-D magazine in an interview.

"The whole world would be one big tribe, one big commune. It wouldn't be split up and divided, we wouldn't be fighting nearly as much, we wouldn't be using unnecessary sources of power," she says.

"We'd be using free energy, we'd be eating from the trees, we'd be drinking from the natural stream. There wouldn't be traffic, and diapers and pollution in our rivers. It would all just be transcending into another dimension."

See, you had me and then you lost me.

Oh, and the secret to Smith's ideal worldview?

James Cameron's Avatar, naturally, which she called "my life." Because obviously.

"The strength that the tribe has to overthrow the Sky People, that's the kind of strength that we need to have," she says.

NED EHRBAR/FOR METRO

LENNY KRAVITZ

## Pierced for her pleasure

While Lenny Kravitz isn't talking about the surprising pubic piercing the world found out about last week when his pants split on stage in Sweden, the artist who applied it is more than happy to.

"The piercing still looks happy, healthy and very sturdy. I was proud to see it alive and kicking," body modification artist Elayne Angel tells Mashable.

And she offers some insight into the purpose of the piercing: "He liked the idea of having one that was in proximity to his penis but not on it. He's definitely into aesthetics and how it looks, but this one also had function. It was meant to please women," she explains.

"It hits the woman in the clitoris during intercourse."

Well all right, then.

NED EHRBAR/FOR METRO

Lenny Kravitz.

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Victoria's Ryan Cochrane won 1,500-metre freestyle bronze at the swimming worlds

# Whitecaps continue red-hot scoring trend

MLS

## Vancouver solidifies top spot in conference

Cam Tucker
Metro | Vancouver

Suddenly, Pa-Modou Kah has turned into a goal scorer for the Vancouver Whitecaps, who are gaining strength through this part of the season when the summer stretch has typically been an anxious time for the club's supporters.

On occasion this year, head coach Carl Robinson has sat up at the podium for his post-game pressers and talked about his club getting plenty of scoring chances but unable to finish them, which has led to some undesirable results.

But the fact his team was getting chances seemed to at least reduce the level of concern to some degree.

Over the last few weeks, the Whitecaps have turned those chances into goals at an impressive rate, scoring three goals or more in three consecutive regular-season games — all wins. And those results have firmly planted them at the top of the Western Conference with 42 points in 24 games.

Only D.C. United leads them in the MLS Supports' Shield standings, with 44 points in 25 games.

On Saturday, the Whitecaps continued their recent trend with a 4-0 win over Real Salt Lake at BC Place Stadium. Octavio Rivero got things rolling with a penalty-kick goal, before the veteran centre back Kah was set up for a tap-in to give him three goals in two games.

"Back-to-back is all right, but my thing is defence and whenever we get a goal, it's a fun thing and it's a bonus," Kah told reporters.

"To make it two in a row, I might have to do maybe with the shirts off there, selfies are on the jersey backs, so that might help. I hope that we can keep it for the rest of the season."

> **It's a fun thing and it's a bonus.**
> Pa-Modou Kah on scoring in back-to-back matches

The diminutive Cristian Techera scored twice in the second half, showing deft touch on his first goal and strength and a powerful left leg for his second, and was publicly singled out as Vancouver's best player in the match by Robinson.

"Sometimes it's your day and other days, it isn't your day," said Robinson.

"I think we've played a lot better here at BC Place and lost, but that doesn't matter, does it? But, I would take a 1-0 victory as well."

**The Whitecaps' Cristian Techara celebrates his second goal on Saturday night against Real Salt Lake at BC Place Stadium.** DARRYL DYCK/THE CANADIAN PRESS

## IN BRIEF

**Tiger-Cats thoroughly beat Blue Bombers**

Zach Collaros threw three first-half touchdown passes and Emanuel Davis returned two interceptions for scores as the Hamilton Tiger-Cats beat the Winnipeg Blue Bombers 38-8 on Sunday afternoon to remain unbeaten at Tim Hortons Field.

Hamilton (4-2) earned its ninth straight victory at the stadium before yet another enthusiastic sellout gathering of 24,068. The Ticats captured their fourth win in five games overall to move into a first-place tie in the East Division with Toronto (4-2) and Ottawa (4-2).

Winnipeg (3-4) remains tied for third in the West Division with B.C.

THE CANADIAN PRESS

**Dos Santos leads Galaxy past Sounders in debut**

Giovani dos Santos had a goal and an assist in an impressive MLS debut, leading the LA Galaxy to a 3-1 victory over the Seattle Sounders on Sunday.

Dos Santos set up captain Robbie Keane's tie-breaking goal in the 47th minute before the Mexican playmaker scored his first goal in the 64th minute, taking a beautiful pass from Keane and burying his shot.

THE ASSOCIATED PRESS

**Giovani dos Santos**
GETTY IMAGES

**The Lions' Adam Bighill, right, tackles Chad Simpson of the Eskimos at BC Place Stadium on Thursday.**
JONATHAN HAYWARD/THE CANADIAN PRESS

CFL

# Lions D clicks against Esks in second half

When Travis Lulay's pass for Austin Collie was picked off late in the fourth quarter, prematurely ending another B.C. Lions offensive drive versus Edmonton last Thursday, it looked as though the visiting Eskimos would hold on for the win.

Fortunately for the Lions, Lulay got the ball back into his hands for one final drive, eventually finding Andrew Harris for what would become the winning touchdown.

The Lions needed plenty to line up for them in the final minutes to complete the second-half comeback for the win and minimize their losing streak to two games. The unsuccessful decision from Edmonton's head coach Chris Jones to gamble on third down with the Leos finally ahead in the final of the game was certainly a critical moment.

But most of all, the Leos needed their defence, an area of concern throughout most of the early part of the season, allowing 424.6 yards per game, which is last in the CFL, to shut the door.

And that's exactly what the Lions' defence did.

They completely shut out the surging Eskimos in the second half, giving the offence numerous opportunities to sustain that go-ahead drive and essentially ending the game on a Ronnie Yell interception on the Jones gamble.

With the win, the Lions improved their record to 3-3. They'll travel to Hamilton later this week for a game against the Tiger-Cats on Saturday.

CAM TUCKER/METRO

# Turbide swims to second gold

PARAPAN 2015

## Canadian swimmers stockpiling medals

Nicolas Turbide stood beside the starting block in Lane 4, hands on his hips facing the water ahead.

Then came the deep breaths, hand rubbing, leg shakes and some shoulder swings. A problem with one of the starting blocks meant such pre-swim rituals went on a little longer than usual.

"I had plenty of time to think about things before my race," said the 18-year-old from Quebec City. "What I thought about, mostly, was this is my main event, I've trained for this and everything will go well — and it did."

His 100-metre backstroke on Sunday evening more than went well.

Turbide won gold — making him Canada's first double gold medallist of these Parapan Am Games — and he did it in the fastest time he's ever clocked in the 100 backstroke.

That pairs well with the gold medal, also won in a personal best time, he earned Saturday in the 200 individual medley.

**Nicolas Turbide** NATHAN DENETTE/THE CANADIAN PRESS

Turbide found out he'd won his backstroke event by the sound of crowd.

"I knew it was good," he said, based on the cheers from the sizeable crowd at the CIBC Aquatics Centre.

During the race, Turbide, who is visually impaired, has no idea where his competitors are or how well he's doing.

"It's a race on my own."

> **It's a race on my own.**
> Nicolas Turbide, who is visually impaired, has no visual idea where his competitors are or how well he's doing during a race.

In this case, he was a full body length ahead by the first wall and a couple lengths in front when he stopped the clock at 1:01.64 for the gold. Canadian teammates Devin Gotell won silver and Tyler Mrak took bronze.

"It's always fun to end the year with a good meet," Turbide said. "You know it went well and could go well again."

But for Turbide, winning is about more than the fun of getting a medal, it's an important stage of development for him as an elite athlete.

"In order to win at the world stage you have to know what you're doing. It's not just stand up and it happens," said Craig McCord, Canada's national para-swimming coach.

Just three weeks ago at the IPC swimming world championships in Glasgow several athletes, including Turbide, didn't perform as well as expected, McCord said.

For some, it may have been a "deer in the headlights" moment, for others it could have been the result of the wrong kind of preparation. So for them, the Parapan Ams provided an important do-over.

"It's learning to stand up and get the job done in the moment under pressure, and this is one of those meets," McCord said.

With two gold medals already, Turbide has shown he can deliver his best when it counts and he is one of the young swimmers Canada hopes will medal next summer in Rio or at the 2020 Paralympics.

There were plenty of such stepping stones for Canadians in the pool on Sunday. They won five gold, five silver, seven bronze and swept the podium in two events.

Morgan Bird won her women's 400-metre freestyle race by several lengths and in the next event, the Canadian men swept the 100 breaststroke, with James Leroux taking gold, Isaac Bouckley silver and Alexander Elliot bronze.

TORSTAR NEWS SERVICE

**Nicolas Turbide swims to gold in the men's S13 100m backstroke at the Parapan Am Games on Sunday night in Toronto.** NATHAN DENETTE/THE CANADIAN PRESS

West Ham's Cheikhou Kouyate heads the ball past Arsenal keeper Petr Cech on Sunday in London. JULIAN FINNEY/GETTY IMAGES

PREMIER LEAGUE

# Cech off to rocky start with Arsenal

Two mistakes by new goalkeeper Petr Cech sent a much-hyped Arsenal side crashing to a 2-0 defeat at home to West Ham, while Liverpool's start to the new Premier League season ended with a late 1-0 win at Stoke on Sunday.

Cech arrived from Chelsea with a reputation for keeping clean sheets, but a header from Cheikhou Kouyate in the 43rd minute and a low shot by Mauro Zarate in the 57th minute unexpectedly beat the 33-year-old keeper.

There was little goalmouth action at Stoke until Liverpool's Brazilian midfielder Philippe Coutinho scored with a ferocious shot from 25 metres in the 86th minute.

The points were shared at St. James' Park, where a Newcastle side under new coach Steve McClaren drew 2-2 with Southampton in the day's other game. THE ASSOCIATED PRESS

## IN BRIEF

**Iconic NFL personality Frank Gifford dies at age 84**

From the football field to the broadcast booth, Frank Gifford was a star. And a winner.

An NFL championship in 1956 with the New York Giants. An Emmy award in 1976-77 as television's "outstanding sports personality." Induction in the Pro Football Hall of Fame in '77.

Gifford, as well known for serving as a buffer for announcers Don Meredith and Howard Cosell on Monday Night Football as for his versatility as a player, died Sunday. He was 84.

In a statement released by NBC News, his family said Gifford died suddenly at his Connecticut home of natural causes Sunday morning. THE ASSOCIATED PRESS

# Jays throw wrinkle into winning formula

MLB

## Toronto arms give up just one run over 3 games in Bronx

SUNDAY In New York

| BLUE JAYS | YANKEES |
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Everyone already knew the Toronto Blue Jays could really hit. Turns out, it was a trio of splendid pitching performances that closed the gap in the AL East.

Josh Donaldson and Jose Bautista launched long home runs, and the Blue Jays earned their eighth straight victory by beating the New York Yankees 2-0 on Sunday to complete a three-game sweep that tightened the division race.

> **I've got a hard head, so it's all good.**
>
> Yankees left-fielder Brett Gardner, who was hit in the back of the head when a fan threw back a Jose Bautista home run ball

"Everything seems more in reach," Bautista said. "It seems more attainable."

Marco Estrada tossed three-hit ball into the seventh inning against the suddenly slumping Yankees, outpitching Masahiro Tanaka during Toronto's second consecutive shutout. Boosted by some big acquisitions before the July 31 trade deadline, the streaking Blue Jays have won 11 of 12 to pull within 1-1/2 games of the first-place Yankees.

A week ago, New York was up by six.

"Incredible," Estrada said. "It's been a great ride. We've had a tremendous team this whole year and obviously just got a little better. Adding a few pieces helped a lot. Our confidence is pretty high and we're all enjoying the run."

In a series that featured the top two offences in the majors, New York mustered only one run and went scoreless over the final 26 innings. Not since May 1999 against the Angels had the Yankees been blanked in two straight — that stretch of 2,665 games between consecutive shutouts was the longest in major league history, the team said in citing research by the Elias Sports Bureau.

It's the first time since May 2003 that Toronto swept New York in a series of at least three games. THE ASSOCIATED PRESS

Blue Jays shortstop Troy Tulowitzki, right, turns a double play over the Yankees' Brian McCann in New York, Sunday. SETH WENIG/THE ASSOCIATED PRESS


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# RECIPE Almond Butter Noodle Salad

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Almond butter has a milder flavour than peanut butter. This is a great salad that can be a side dish or a main course with the addition of cooked chicken, meat or fish.
**Serves 4**

**Ready in**
Prep Time: 15 minutes
Cook Time: 8 minutes

**Directions**
**1.** Cook spaghetti until firm to the bite, according to package directions. Drain.

**2.** Add bell pepper, carrot, water chestnuts, green onion and cilantro to spaghetti.

**3.** Dressing: Combine all ingredients with a whisk until smooth. Pour over pasta, mix well and garnish with sesame seeds. Dressing: Combine all ingredients with a whisk until smooth. Pour over pasta, mix well and garnish with sesame seeds.

**Ingredients**
- 8 oz spaghetti
- 1/2 large red bell pepper, sliced thinly
- 1 medium carrot, peeled and cut into matchsticks
- 1/2 cup sliced canned and drained water chestnuts
- 1/3 cup diced green onion
- 1/4 cup chopped cilantro or basil

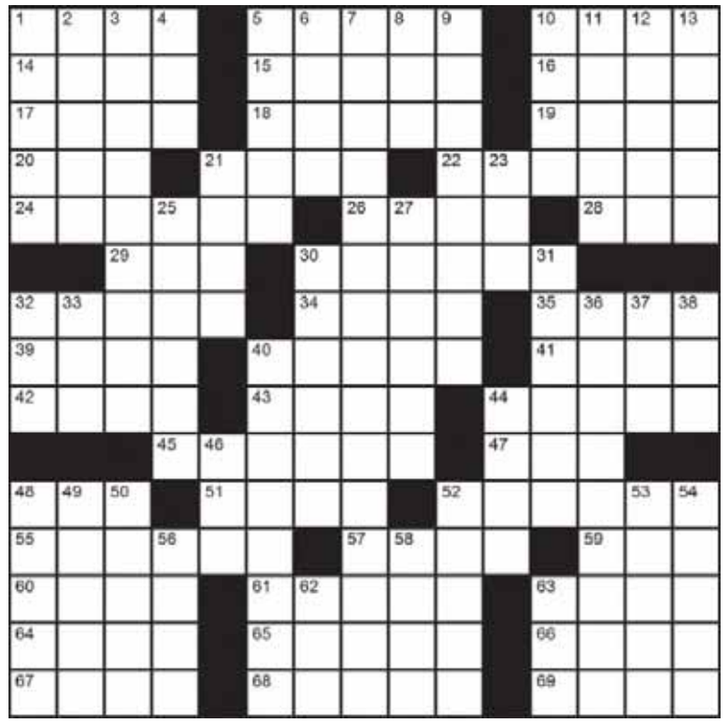
Dressing
- 1/3 cup almond or peanut butter
- 3 Tbsp rice wine vinegar
- 3 Tbsp light soy sauce
- 2 Tbsp water
- 1 Tbsp lemon juice
- 1 Tbsp honey
- 2 tsp sesame oil
- 2 tsp minced ginger
- 2 tsp toasted sesame seeds

**Nutrition per serving (recipe serves 4)**
- Calories 290
- Protein 10g
- Carbohydrates 40g
- Fibre 5g
- Total fat 11g
- Saturated fat 2g
- Cholesterol 0mg
- Sodium 660mg

PHOTO: ROSE REISMAN

# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. Honolulu's home
5. Prepare, as broccoli
10. Hoo-hoo-ers
14. Italian car manufacturer
15. Sao __, Brazil
16. Tangible
17. Ripped
18. Keyboard instrument
19. Catherine __-Jones
20. Antiquity
21. Perfect
22. Victor's prize to put on display
24. Beaver coin
26. Roman emperor
28. Affirmative reply
29. Frying need
30. Ambulance signals
32. Skeleton's head
34. Ms. Horne
35. Mr. Stoltz
39. Chipper
40. Matte __ (Toronto-born television host)
41. Marvin Gaye's daughter
42. Poker game stake
43. Songstress Tori
44. George Burns prop
45. Be in need of new stock: 2 wds.
47. Ms. Saldana of "Avatar" (2009)
48. Electronics brand
51. Multivitamin mineral
52. Bone's inner
55. Pomposity
57. Clock time
59. __ generis (Unique, in Latin)
60. City in Pennsylvania
61. Courage
63. Stars on television
64. Parliament Hill worker
65. Heron kind
66. Remedy
67. Grape's inner
68. Extinct birds
69. Went too fast

**DOWN**
1. Frequently
2. Garlic mayonnaise
3. Type of tennis playing surface: 2 wds.
4. 'Comp' completer (Calculate)
5. Bobbin
6. Mountain lake
7. Canadian women's tennis star who was born in the city at #9-Down: 2 wds.
8. Birmingham's state, for short
9. Where the men are competing, as per #36-Down
10. Rice-shaped pasta
11. Tearful
12. Workshop machine
13. Kills, in a fantasy novel
21. Heaven's opposite
23. Director Mr. Howard
25. Out of __ (Unbalanced)
27. Mr. Borgnine
30. Hit the brakes hard: 2 wds.
31. Higher in position
32. Health resort
33. Mr. Burns of TV documentaries
36. Professional tennis tournament held in Canada each year, it's currently underway in Toronto for the women players (More at #9-Down): 2 wds.
37. __ pinch
38. Ford product
40. Shunned
44. Russian ruler, variantly
46. Submachine gun type
48. Ms. Perlman's
49. Noted 'Madame' of chemistry
50. Tolerate
52. Combo dogs
53. Outlandish
54. Got smart, __ up
56. Marsh plant
58. Cream-filled cookie
62. Certain consciousness
63. Namesakes of Mario's "Saved by the Bell" role

# IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20
Something that seemed so easy to do a little while ago now seems extremely difficult and you can't work out why. Don't give up on it though. What happens later in the week will make it easy again, so bide your time.

**Taurus** April 21 - May 21
You may find it hard to get along with certain people today but it's no big deal. Rather than risk saying something you may later regret just remove yourself from their presence for a while.

**Gemini** May 22 - June 21
It may not be easy turning down an attractive, and profitable, proposal but turn it down you must because the planets warn it will result in more work and more pressure than you can handle.

**Cancer** June 22 - July 23
If you have gone to extremes in any way in recent weeks, opposing forces will bring you back toward the middle ground over the next few days.

**Leo** July 24 - Aug. 23
You seem to be anxious about financial matters at the moment but there is really no need. As Jupiter moves from your own sign to the money area of your chart tomorrow, there is sure to be good news of some kind.

**Virgo** Aug. 24 - Sept. 23
It may seem as if someone is withholding their affections but before you get angry about it, consider this: they may be caught up in their own worries so much they don't have time for anyone else.

**Libra** Sept. 24 - Oct. 23
Some habits are easy to break but the habit you are struggling with at the moment seems too deep-rooted to overcome. Maybe you should stop trying so hard and instead find ways to enjoy it.

**Scorpio** Oct. 24 - Nov. 22
If you force yourself to be enthusiastic about something you don't much like today you may surprise yourself by how easy it is — and how much you enjoy it.

**Sagittarius** Nov. 23 - Dec. 21
Don't let yourself be talked into doing anything you don't feel comfortable with today. Resist, even at the risk of starting a feud.

**Capricorn** Dec. 22 - Jan. 20
Actions always speak louder than words, so do what has to be done and don't worry that others might not understand your reasons.

**Aquarius** Jan. 21 - Feb. 19
Don't let financial worries limit your horizons. You may think that you cannot afford to go out and have fun but you can if you use your imagination.

**Pisces**
Feb. 20 - March 20
This should be a really good week for you but there is a danger that you might be tempted to focus on minor failures and not allow yourself to enjoy the good things in life.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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